

NAVAL BRANCH HEALTH CLINIC LONDON UPDATE

With the transformation of Navy Europe, continuing, Navy Medicine must also adapt and organize its personnel and resources to effectively and efficiently ensure a combat-ready Fleet. The transformation process demands a series of changes and requires a culture of readiness, productivity, cost containment, and continuous improvement enterprise-wide. Change is demanding and difficult, but is required to maintain the proficiency of a successful organization. As a result of Navy London's transformation to the future, Naval Branch Health Clinic London will decommission on 30 September 2006.

Navy Medicine is aware of the dramatic and immediate impact this decision will have on any remaining London based beneficiaries and has already begun the framework to ensure that the appropriate level of service is available before its departure. As the various programs come on-line, the medical clinic staff will ensure that the local beneficiary population is provided timely and accurate information on accessing the available health care systems.

In order to complete the tasking of clinic closure by 30 September, a plan has been developed to ensure that the clinic is able to meet its fiscal and administrative requirements. Some of the milestones involved in closure that our population should be aware of:

1. Apr 2006. The majority of the specialty providers i.e. Dermatology, Ophthalmology, OBGYN, from RAF Lakenheath will no longer travel to NBHC London. Orthodontic coverage will continue through June.
2. 01 July 2006. Pay Patients will no longer have access to NBHC London. Copies of records can be made upon request.
3. 01 August 2006. Retired and retired family members will no longer have access to NBHC London. Appointments limited to active duty and family members. Expect limited services in August due to decreased manpower and equipment transfer.
4. 31 August 2006. Target date for all medical/dental/pharmacy services to cease. This date is subject to change depending on the timely implementation of TGRO/ISOS. Care at the MTF will continue until the

contract is fully engaged.

5. 01 September 2006. Start date for TGRO/ISOS for active duty and eligible family member beneficiaries.

Helpful hints:

1. Beneficiaries should be aware that retirees under TRICARE Standard can continue to receive care on the local economy (Deductibles and Co-pays apply) and file claims for reimbursement through Wisconsin Physician Service (WPS) until age 65. For retirees 65 and older, TRICARE for Life is an available option with TRICARE paying the bill with an annual deductible and cost share. Most cosmetic surgery is not payable by Medicare or TRICARE.

2. As part of the Status-of-Forces Agreement (SOFA), Article IX, Section 5, DoD personnel are eligible to enroll in the National Health Service (NHS) for medical and dental health care services, including hospitalization. All active duty and their family members are also encouraged to register. Go to www.nhsdirect.nhs.uk for enrollment information.

3. Active duty and their eligible family members will have access to TRICARE Global Remote Overseas Prime (TGRO/ISOS) which will offer access to health care providers, hospitals, medical and dental clinics with little out-of-pocket costs and no deductibles. For more information, <http://www.internationalsos.com/private/tricare/europe>.

Family members should all be enrolled in the TRICARE Dental Program (TDP). For most procedures, with the exception of orthodontics and crown & bridge, you will be reimbursed 100% of the fee paid up to your maximum allowance per year. Restrictions apply to the number of exams, x-rays and cleanings per year. To enroll or verify your enrollment, log on at www.ucci.com or email UCCI at oonus@ucci.com or call toll free at 0800-89-0011, and then dial 1-888-418-0466.

General procedures on obtaining care, questions on your scope of benefits, annual allowances, and prior to initiating any orthodontic or dental implant treatment, contact the TRICARE Europe Dental Unit at 0049-6302-67-6358.

MSC EUROPE DISESTABLISHED, REPLACED WITH SEALIFT LOGISTICS COMMAND EUROPE

Military Sealift Command Europe, the European theatre's chief ocean transportation and combat logistics provider, will be officially disestablished and renamed Sealift Logistics Command Europe during a ceremony at the command's headquarters in Naples, Italy, March 31.

This new name reflects the changes SEALOGEUR has undergone in the past 18 months as a part of Military Sealift Command's global transformation efforts. MSC is SEALOGEUR's parent command and is responsible for moving 95 percent of all U.S. military cargo used around the globe as well as providing food, fuel, ammunition and supplies to the U.S. Navy fleet at-sea.

Under transformation, SEALOGEUR has streamlined its structure and operation, transferring a number of functions to MSC headquarters and the newly formed Ship Support Unit Naples, or SSU Naples. As a result, non-core billets have been eliminated from SEALOGEUR, trimming a nearly 60 person staff to a third of its size.

"Our primary mission – husbanding strategic sealift in support of U.S. Transportation Command – is unchanged," said Capt. David K. Wright, Commander, SEALOGEUR and Commander, Task Force 63. "Our organizational structure has been aligned with larger MSC transformation initiatives and in consonance with goals established by Commander, Naval Forces Europe and Commander, U.S. 6th Fleet."

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THE CROWNED EAGLE

Serving The
Military Community
of
Naval Activities, United Kingdom

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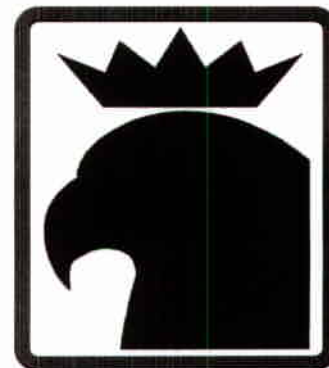
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VOLUNTEER CORNER

- ☺ American Red Cross @ 01895-616031
- ☺ Family Service Center @ 01895-616500
- ☺ Navy-Marine Corps Relief Society @ 01895-616625
- ☺ Boy Scouts @ 01494-672734
- ☺ Girl Scouts @ 01895-825930
- ☺ Chapel @ 01895-616601
- ☺ Community Service @ 01895-616451
- ☺ Habitat for Humanity @ 01895-616292
- ☺ Schools: High @ 01494 -795720;
Elementary @ 01895-616688





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U.S. military commands in the Greater London area are invited to submit news items, announcements and short articles of general interest. As a service, *THE CROWNED EAGLE* will carry a free listing of personal items for sale provided such items represent an incidental exchange between personnel and not business operations.

The address for submissions is:
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DEADLINES

Deadlines for articles for the next issue are close of business on the Wednesday of the prior week. Any submissions received after this time will be held for the following issue. Office hours are 0800 - 1630, Monday through Friday.

Next Issue:

Publication Date

28 April 2006

Submission Deadline

20 April 2006

Publication Date

28 May 2006

Submission Deadline

20 May 2006

MSC EUROPE DISESTABLISHED, REPLACED WITH SEALIFT LOGISTICS COMMAND EUROPE CONT'D

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A number of SEALOGEUR's former staff members have transferred to SSU Naples, including the unit's director, Louis Smith.

"SSU Naples will report to Military Sealift Fleet Support Command, or MSFSC," said Smith. "MSFSC is a subordinate command to MSC responsible for crewing, equipping and maintaining MSC government-owned and government-operated ships worldwide."

SSU Naples will serve as MSFSC's representative in the European theatre, providing maintenance and repair support to MSC ships operating in the AOR.

Though the command has a new name, SEALOGEUR has a long history behind it.

During World War II, U.S. military maritime transportation was directed by four separate government agencies. In 1949, this work was consolidated under one manager - Military Sea Transportation Service. Two years later, an arm of MSTs, Military Sea Transportation Service Europe, was set up in Bremerhaven, Germany. The command was renamed MSC Europe in 1970 and, from 1985 to 1997, was located in London. Since 1997, the command has been headquartered in Naples, Italy.

In 2005 alone, MSC Europe oversaw the loading and discharging of more than 2 million square feet of combat cargo in 16 ports throughout Europe - that's equal to more than 21,000 SUV's which, if lined up bumper-to-bumper, would stretch more than 62 miles. As for fuel, MSC tankers and combat logistics ships moved more than 330 million gallons within the European theatre last year. That's enough fuel to fill up the Empire State building 1.2 times.

SEALOGEUR will continue this tradition of service established by its predecessors.

"We are committed to our customers," said Capt. Wright. "Whether they are fighting the global war on terrorism, performing maritime security operations or providing humanitarian relief, we are here to make sure the troops on the ground and the Navy fleet at sea have all the tools they need to complete the mission at hand."

HOSE PIPE BAN - APRIL 2006

We have been advised by our local water authority Thames Water, that a hosepipe and sprinkler ban will take effect from the 3rd April 2006. The ban will only impact the watering of private gardens, and the washing of private cars, caravans or trailers.

Since the start of November 2004 our area has had only 68% of expected rainfall. February saw only 41mm of rainfall – just 79% of the long-term average. January had only 20mm of rain – 29% of the expected figure.

During the current drought I consider it prudent to comply with the wishes of the water authorities, and although a ban has been issued they assure me that it is unlikely that prosecution will follow unless blatant misuse of water is identified, then a written warning is likely to be issued.

Although Three Valleys Water, the provider for the West Ruislip Housing, has yet to advise of a ban they have issued the following statement on 13th March 2006.

Common sense call for water use with six hosepipe bans in place across the South East of England, Three Valleys Water is continuing to call for customers to be mindful of their water use to ensure that there is enough to go round this summer. Managing Director Peter Darby said: "We need to be careful that we don't fall into the trap of use now – pay later. Much of our water is taken from the aquifer under the ground. Fifteen months of below average rainfall means the level of ground water is lower than would normally be expected at this time of year and we are already seeing lower flows of water in many of our rivers and streams."

Three Valleys Water works closely with the Environment Agency to return water to the environment to try to prevent long-term damage to these habitats. The company is concerned that lower flows in our rivers will be exacerbated if there is a dry summer and people continue to increase their water use.

The average person, on an average day, already uses 182 litres of tap water in the Three Valleys Water area and this level increases considerably in

the summer months. Using additional water at peak times puts a great strain on the water supply network and this has the potential to result in lower water pressure and, at worst, no water for some customers.

"By appealing to customers to use less water now, we hope to prevent a problem at a later date," said Peter Darby. "With many of our neighboring water companies already taking measures to restrict water use we need to adopt a common sense approach to the amount of water we use, to ensure that there is an adequate supply for everyone. The Environment Agency has called for all water companies in the South East to impose hosepipe bans this year and we are still considering this as one of a range of options to help reduce consumption and protect river flows."

At present there is likely to be enough water stored under the ground to last throughout the summer – if the weather conditions are fair and we all use water wisely. A third dry winter at the end of the year would, however, cause major supply problems in 2007, which might be mitigated by early action in 2006.

We can all use a little less if we try – here are some ideas:

- * Watering cans are more fun in the garden than a hose pipe, get the kids to help and enjoy some family fun. A hose pipe can use up to 1000 litres of water in just one hour.
- * A power shower can use more water than a bath - a normal shower is far kinder to our environment
- * Fixing a dripping tap can save 14-30 litres of water a day
- * Rinse your mouth using a glass of water when brushing your teeth - a running tap can waste 0-14 litres per minute
- * Make best use of your dishwasher and washing machine by running it on a full load whenever possible Follow water efficiency advice in the garden. Choose water efficient plants such as hexes, lavender, grasses and alpine that require less water; use mulches such as bark chippings, pebbles or compost to help conserve moisture; water in the morning or evening to help prevent evaporation; keep lawns fairly long.

100TH MEDICAL DETACHMENT (VETERINARY SERVICES) DEAD BIRD INFORMATION

Birds die all the time, so it is not unusual to find dead carcasses of birds where you live, work, or play. But during this year's cold and flu season, you may want to pay special attention to how you handle dead birds. The experts' advice – Don't!

Why are birds getting sick?

Pick up any paper and you will see the latest story about where the newest influenza virus is striking birds. Yes, birds get the flu. Avian influenza viruses that naturally occur among birds cause avian flu, or bird flu. This year there is a particularly nasty virus strain, H5N1. It started in Asia, is now in Europe, and is expected to travel on to the U.S. Why? Because birds migrate. As they move about the world, they come in contact with other birds. Just like humans, birds get the flu; they die if it is a particularly lethal strain of flu.

Is it a threat? It is important to understand that avian influenza is a BIRD disease that has agricultural and economic importance for countries that must destroy infected birds. Just consider if you raised chickens for a living and had to destroy your entire flock. To date, the virus is not a threat to the health of the U. S. military or the population in Europe. It is still very difficult for humans to get this disease. It requires very close contact with ill or dead birds and their waste products or secretions. Just because it isn't a threat now doesn't mean we should not take precautions to prevent it in the future. Avoid contact with "wild things with wings" (wild fowl such as swans, geese, birds, etc.). If you come upon a dead bird, the best thing to do is leave it there. Call the installation veterinarian if you are suspicious of the cause of death.

Dead birds or waterfowl found on U.S. military installations and housing areas:

Notify the installation veterinarian office. Practice good sanitary hygiene: don't handle dead birds found outdoors. Don't allow your pets or children to be exposed to dead birds or waterfowl. Veterinary officials will advise you on safe

disposal practices in very low-risk situations. If appropriate, they will contact the proper installation support personnel or local national authorities for disposal of dead birds.

Sick or injured birds: Notify the installation veterinarian if sick or injured water fowl are found on a military installation or housing area. The veterinarian will determine the proper course of action, considering the location, circumstances, and situation.

Domestic cats and dogs: There are 101 good reasons to keep your pet cat indoors. One more good reason is to keep them from being exposed to infected birds. This is also a good reason to keep your dogs on a leash.

Dead bird testing: Do not take dead or sick birds to the installation authorities or the installation veterinarians to test for avian flu. Wherever you live in Europe, your host nation country will test dead birds for avian flu if necessary. It has important agricultural and economic implications for their economies. Military veterinarians will coordinate, when appropriate, with host nation authorities for testing of birds found on U.S. forces installations.

To contact a veterinary office in Europe, call your local operator for directory assistance. You can also find your installation veterinarian from the 100th Med. Det. entry on the 30th Medical Brigade Web site at <http://www.30thmed.army.mil/>.

Websites for further information:

U.S. Army Center for Health Promotion and Preventive Medicine: <http://chppm-www.apgea.army.mil/> (Contains links to avian flu information, as well as other health topics. Some materials are suitable for small-unit training.)
World Health Organization: http://www.who.int/csr/disease/avian_influenza/en/
Centers for Disease Control and Prevention: <http://www.cdc.gov/flu/avian/index.htm>

INFORMATION TO PARENTS, SCHOOL AND LAW ENFORCEMENT OFFICIALS

THE “CHOKING GAME”: A NEW HIGH

What Is It?

The “choking game” is a potentially deadly game known by various names - the fainting game, flatline game, hyperventilation game, pass-out game, natural high, space monkey, suffocation game and tingling game, among others. It is an activity in which participants intentionally restrict oxygen supply to the brain in order to induce unconsciousness or semi-unconsciousness. This oxygen restriction can cause a brief feeling of euphoria among practitioner. Once the restriction mechanism is released, practitioners experience a “rush” as blood and oxygen flow resumes. An individual child or groups of children can play this “game”.

The “choking game” is not to be confused with auto-erotic asphyxia (AeA) or erotic asphyxia and the activity has no apparent sexual component. However, like AeA, because of the potential for medical examiners and coroners to initially rule a “choking game” death as a suicide by hanging, the exact number of deaths resulting from this activity is unknown.

Who Is Doing It?

The average age range of children participating in this behavior is 9-14 years and both boys and girls play. Many participate out of curiosity rather than rebellion, depression or anger. Some participate because it provides a way of achieving a high without illicit drug use. Still others may participate on a dare, because of the prospect of an altered state of consciousness or because it is amusing to watch others lose consciousness or behave erratically.

What Happens to the Body?

The high and rush participants experience is due to hypoxia, a condition in which the body is deprived of an adequate oxygen supply, or hypocapnia, a condition in which the level of carbon dioxide in the blood is lower than normal, and not adrenaline as many commonly believe.

There are two distinct methods in which practitioners can achieve the high and rush.

Strangulation restricts the brain’s blood flow by com-

pressing the carotid arteries. This is achieved either manually or through the use of certain mechanisms such as ropes, cords, belts or anything else that can be used as a ligature. Manual, self-strangulation usually stops automatically upon blackout. Manual strangulation by a partner or self-strangulation with a mechanism relies on the judgment of the operator to stop at precisely the right moment in order to cause a blackout and yet prevent permanent brain damage or even death.

Self-induced hypocapnia requires the practitioner to hyperventilate for a minute, or until they experience tingling, light-headedness or dizziness, then hold their breath. At times, this alone is enough to cause blackout. Other times, the practitioner has a friend compress their chest, give them a “bear hug”, or some other similar activity in which pressure is applied under or over the heart. This pressure serves to ensure that the practitioner holds their breath while in a hypocapnic state. In some versions of hypocapnia, the partner can also apply pressure to the neck that can cause a blackout from two different mechanisms simultaneously. This method is sometimes referred to as the “old-fashioned” version of the game.

According to experts, children and teens playing this game can lose consciousness within a minute. If the child is playing alone or their partner is unaware, death can result in as little as 2-4 minutes. Even if death does not result, the lack of oxygen to the brain can result in short term memory loss, strokes, seizures, retinal damage, permanent brain damage, and brain death.

“Choking Game” Warning Signs

Parents and teachers should be on the lookout for:

- Belts, bags, ties and shoelaces tied in strange knots or found around the house in unusual locations
- Bloodshot eyes, red eyes, petechial hemorrhage, or pinpoint bruising around the eyes
- Closed doors and an unusual need for privacy
- Disorientation after spending time alone
- Flushed face
- Raspy breath
- Reports of frequent, severe headaches
- Unexplained cuts or bruises from falling
- Unusual marks on or around the neck, sometimes hidden by turtlenecks, scarves or turned up collars
- Wear marks on furniture from previous incidences

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THE “CHOKING GAME”: A NEW HIGH CONT'D

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- Websites that mention “passout”, “blackout”, “knockout”, “space monkey” or any other terms this practice is known by

What Can Be Done?

1. Teach children this activity is not a game and despite the allure of getting high without using drugs, it can be a deadly activity. Various posters, educational brochures and presentations, school letters and parent letters are available at <http://www.stop-the-choking-game.com/Downloads.html>

2. Look for the warning signs

3. Teachers – Monitor school bathrooms, playgrounds, cloakrooms/coatrooms, closed classrooms

4. Parents – Monitor bedrooms, bedroom furniture and bedroom closets

5. If a parent suspects their child is participating in choking activities, alert school officials and parents of child’s friends so they can monitor activities as well

6. Consider professional counseling for the child and the family.

NAVY’S SIXTH FLEET BAND STRIKES UP FRIENDSHIPS

BY JO1(SW) TERRY BURNLEY

USS Emory S. Land Public Affairs

The seven-person ensemble “SIXTH Fleet Navigators,” from the U.S. Navy’s Sixth Fleet Band, stationed in Naples, Italy are currently embarked aboard USS Emory S. Land (AS 39) as part of the 2006 Gulf of Guinea deployment. During a port visit on March 10, the SIXTH Fleet Navigators gave the residents of San Tome and Principe a special performance in the town square.

The band is embarked to play at various receptions, ceremonies and community relations projects as part of Sixth Fleet’s commitment to strengthen partnerships with West African nations.

According to Chief Musician Joseph Rundall, they perform to represent the United States wherever they go. “Our participation in this deployment is to get out in the local communities we visit and make friends,” said Rundall, the chief in charge of the SIXTH Fleet Navigators. “The band was especially proud to bring the first-ever rock concert to Sao Tome and Principe.”

The SIXTH Fleet Navigators regularly perform around Europe and specialize in a variety of American music including jazz, Latin, country, R’n’B, hip-hop and rock. The SIXTH Fleet Navigators unit leader and guitar player, Musician 2nd Class Andrew Conover said there is no difference playing for an audience of foreign

nationals who understand little or no English. “Music is the universal language and no matter how different our cultures, we still share the same appreciation for music and musical virtuosity,” he said. “It’s an honor for us to perform American music for a culture so influential to our musical heritage.”

Along with Conover on guitar, other members of the band include Musician 2nd Class Jeremy Bustillos, on saxophone; Musician 2nd Class Michael Schwartz on keyboard; Musician 3rd Class Charlie Perkes on bass; Musician 3rd Class Steven Monahan on lead vocals and Musician Seaman Christopher Cancelliere on drums.

USS Emory S. Land is deployed to the Gulf of Guinea to initiate a series of security cooperation activities that will promote regional stability; counter-terrorism; and advance U.S. interests in the region, while maintaining positive relations with regional partners.



Students Collect Cans for the Soup Kitchens

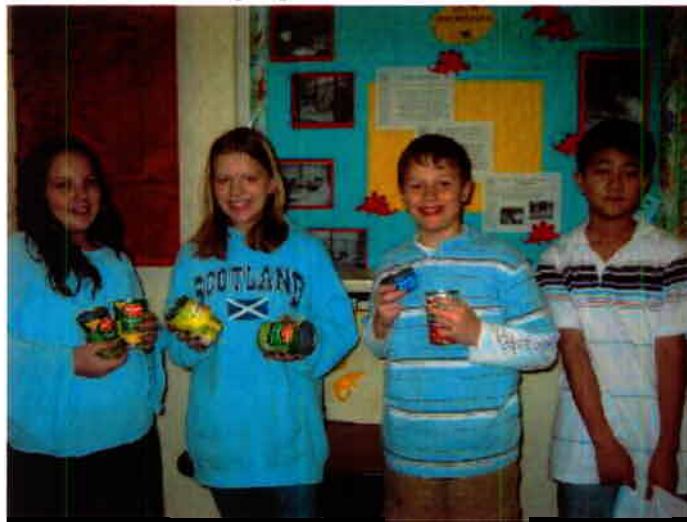
By Jacqueline K. Mayo

WRES Primary Multiage Teacher

Each year the Student Council at West Ruislip Elementary meets to set the agenda for the year. The students and officers often decide on charities as well. At one of the meetings, the students decided that it would be a great gesture to collect canned goods for the soup kitchens for the Christmas holiday. They plan to do the same during the Easter holiday as well. With the help of the officers of the Student Council, each class collects cans. The big incentive is to award the class with the most cans collected.

During the month of November and part of December the students here at WRES collected over 150 cans. The cans were collected and taken to the American Church in London.

The Student Council was very pleased with their canned food drive and the people that made the drive a success.



RAF Daws Hill

Barber Shop

Opening Times

Monday:	1000-1600
Tuesday:	1200-1800
Wednesday:	1000-1800
Thursday:	1200-1800
Friday:	1000-1600



Contact Details

Hillary on
01494 79 5619
or
07949 457 933



THE BIG BUS COMPANY

London sightseeing tour (adult price is now £17.50 child is still at £7.00)

Ticket available through N/A & W/R ITT Offices.

ITT RESTAURANT DISCOUNT LIST 2005

The NEW Restaurant Discount List is now available – issue January 2005

Contact ITT London at x4717 with any questions.

LONDON'S TOP ATTRACTIONS

We have tickets available for London's top attractions:

Kensington Palace - London Dungeon - London Zoo - Tower Bridge Experience
Windsor Castle - Hampton Court Palace - London Aquarium - Kew Gardens
Shakespeare Globe - St. Paul's Cathedral - Royal Academy of Arts
Madame Tussaud's - Tower of London and The London Eye.

Many more attractions available...

For more information on prices contact ITT North Audley

Tel: 0207-514-4269 or 4718 or ITT West Ruislip Tel: 01895-616516.

ITT TRAVEL CONTRACTOR (FORCES TRAVEL)

Through our travel contractor "Forces Travel" we can make reservations for: airlines, package holidays, ferries and Eurotunnel reservations contact us today for a quotation on any special fares that may be available.

THE LONDON PASS

The London Pass: Your passport to London that gives entry to over 60 favorite attractions as well as free public transport on buses, tubes and trains. The London Pass offers not only great value and convenience, but also enables you to beat the lines at selected attractions. There are also special offers such as discounts at restaurants, theatres and free Internet access. Check with us for more information on this fabulous new service at North Audley: 0207-514-4718 or 4717 or West Ruislip: 01895-616516.

ITT TOURS FOR APRIL 2006

Sat 1 April, Stonehenge & Bath - £39.00

Sat 1 April, Brugge - £37.00

Sun 2 April, Stonehenge & Bath - £39.00

Sun 2 April, Brighton - £32.00

Thurs 6 – Sun 9, Paris by Eurostar - £169.00

Fri 7 – Sun 9, Paris by Eurostar - £159.00

Fri 7 – Sun 9, Amsterdam by train - £169.00

Sat 8, Stonehenge & Bath - £39.00

Sat 8, Cambridge - £30.00

Sun 9, Stonehenge & Bath - £39.00

Sun 9, Leeds Castle & Rochester - £34.00

- COMMENCING 10 APRIL

April 2006

Monday to Friday, Half Day London Tour - £20.00

Wednesday & Friday, Half Day Windsor Tour - £30.00

- EASTER

Fri 14 – Mon 17, Paris by Eurostar - £249.00

Fri 14 – Mon 17, Edinburgh by train - £249.00

Fri 14 – Mon 17, Germany – Rhine & Moselle - £209.00

Fri 14 – Mon 17, Amsterdam & Holland - £209.00

Fri 14 – Mon 17, Brussels, Brugge & Ghent - £189.00

Fri 14, Bath & Stonehenge - £39.00

Sat 15, Stonehenge & Bath - £39.00

Sat 15, Oxford & Stratford - £35.00

Sun 16, Stonehenge & Bath - £39.00

Sun 16, Warwick Castle, Easter Festival - £34.00

Sun 16, Oxford & Blenheim Palace - £35.00

Mon 17, Stonehenge & Bath - £39.00

Mon 17, Cotswolds at Easter - £32.00

Thurs 20 – Sun 23, Paris by Eurostar - £169.00

Fri 21 – Sun 23, Paris by Eurostar - £159.00

Fri 21 – Sun 23, Amsterdam by Train - £169.00

Sat 22, Stonehenge & Bath - £39.00

Sat 22, Lille by Eurostar - £55.00

Sun 23, Stonehenge & Bath - £39.00

Sun 23, Windsor & Hampton Court - £34.00

- MAY UK Bank Holiday

Sat 29 – Mon 1 May, Paris by Coach - £159.00

Sat 29 – Mon 1 May, Amsterdam by Coach - £169.00

Sat 29 – Mon 1 May, Edinburgh by Train - £189.00

Sat 29 – Mon 1 May, Germany - Rhineland - £169.00

Sat 29 – Mon 1 May, Brussels & Brugge - £159.00

Sat 29, Stonehenge & Bath - £39.00

Sat 29, A Day in Wales - £35.00

Sun 30, Stonehenge & Bath - £39.00

Sun 30, Leeds Castle, & Rochester, Sweeps Festival - £34.00

Mon 1 May, Stonehenge & Bath - £39.00

Mon 1 May, Warwick Castle – Festival - £34.00

Please note: 2 star budget (basic), hotels are used on all extended weekend tours, which will have either a bath or shower in the room, budget hotels are used in order to keep costs down. These tours are for customers who enjoy travelling with a large group and are looking to have fun, these tours are not recommended for families with young children!
5% discount available off above tours when booking through ITT.

SIGHTSEEING, LUNCH AND DINNER CRUISES

Contact ITT at North Audley and West Ruislip for information on special discounted prices for the River Thames sightseeing, lunch and dinner cruises.

For more information on the above tours and many more please call our

ITT Office at North Audley: 0207-514-4368

WhitakerA@cnauk.navy.mil or

ITT Office West Ruislip: 01895-616516

wilkinson@cnauk.navy.mil



PROFESSIONAL INSTRUCTION

The MWR Fitness staff includes fitness professionals with a wide variety of accreditation and experience, including a master trainer, personal trainers, martial arts instructors, a marathon athlete and group exercise leaders whose certifications include yoga, step, aerobike, aqua aerobics and circuit training, to name a few. Two trainers are Command Fitness Leader qualified by the Cooper Institute of Aerobic Research, one of the two institutes recognized by BUPERS INST 7110.1H to provide Navy recognized certification.

All fitness staff can assist patrons with the set-up and correct use of resistance and cardiovascular equipment, and monitor patrons to help insure that safe practices are followed.

In addition to the group exercises classes scheduled each month, we provide personal fitness instruction as follows:

1. Active duty U.S. and Canadian military members take priority in the planning and scheduling of both our group exercise classes and any personal training needs.
 - a. Troops who want personal assistance with PRT goals can schedule an appointment for evaluation and program design. After the initial consultation the trainer will determine the most appropriate plan of action.

- b. Our CFL qualified trainers are available to assist with body circumference measurement, height/weight certification and especially finding the personal trigger to improve PRT scores.

2. Non-active duty patrons are welcome to attend any of our group exercise programs, or to take advantage of the several choices of pre-set workouts available from fitness center reception. Personalized programs are not available.

SPECIAL PROGRAMS

YOUTH TRAINING

In accordance with BUPERS instruction, patrons must be aged 16 year old or above to attend a fitness center. The exceptions to this include:

1. When a youth aged 12-15 is in the company of and trains with his or her parent or legal guardian, or
2. When a youth aged 12-15 successfully completes a Licensed to Lift course and is certified by the MWR Fitness and Sports Director to safely use the fitness facilities. Courses are scheduled throughout the year.

Children aged 10-16 may attend a group exercise class with their parent or legal guardian, providing the trainer feels the class and equipment are suitable.

NUTRITION & LIFESTYLE COURSES

'Healthy Self' and 'PRT Ready' Courses combine classroom instruction in biomechanics and fitness nutrition with physical instruction to give you the tools to optimize and realize your fitness goals.

Group courses are also available in Stress Management and Back Health.

Our goal is to help you realize your fitness and health goals.

Susan Harper, MWR Fitness & Sports Director

"Stay Healthy, Stay Fit, Stay Navy"



Fancy trying somewhere new...?

Poetry n Motion or

Walkabout in Sheperds Bush

SUNDAY, 26 MARCH 2006

Shuttle bus will be departing the W/R Liberty Center



Spanish Harlem - Havana's

SATURDAY, 1 APRIL 2006

RnB at Spanish Harlem or Havana's in Fulham Broadway?

Shuttle bus will be departing the W/R Liberty Center

RAW American Comedy Show

FRIDAY, 7 APRIL 2006

FOUR U.S. comedians on stage in London for a Special Night... more info. to follow...

Call 01895 61 6754 to find out full information, departure times and to add your name.



MWR Single Service Members Program

Liberty

Friday, 12 May

Dominoes Competition

Our Tournament

will be held

at The LIBERTY CENTER

at RAF West Ruislip stating at 19:00 hours.

1st & 2nd Winner Trophies

to be won

Please contact 01895 61 6754

to add your name or with any questions, by Thursday, 11 May.

GLASGOW

Scotland

Friday, 14 - Monday, 17 April '06

Glasgow is one of the liveliest and most cosmopolitan destinations in Europe.

The city has been reborn as a center of style and vitality set against a backdrop of outstanding Victorian architecture.

Glasgow boasts world famous art collections, the best shopping in the United Kingdom outside London...

and the most vibrant nightlife in Scotland.



Art and culture are important in Glasgow life where galleries and museums are in abundance - most with free admission -

A choice of over 20 includes the world's first Museum of Religion, and the outstanding McLellan Galleries. No visit would be complete without experiencing the city's shopping with high street stores, designer labels, and specialty outlets to explore, with welcome pit-stops in the first class café culture around the Italian Center, Merchant Square or Gallery of Modern Art.

Price will be based on two sharing and includes your transportation and accommodation for three nights.

Call the Liberty Center on 01895 61 6754 for prices, questions and departure times.



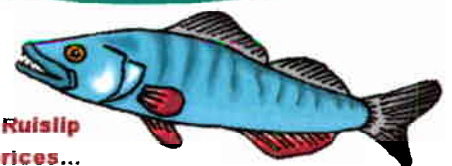
MWR Community Activities

Fly Fishing



Saturday, 20 May 2006

Why not,
come and give fly fishing a try...
bet you can't catch me!



Contact ITT-West Ruislip for all times and prices... and to sign up - 01895 61 6516